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Old School Values with New School Technologies

Championship Thinking & The Mental Game

Players enroll in our school to go to the next level of competition. At a very young age fundamental skill training is appropriate and required. However when players become 11 years old, reality sets in with the full dynamic of the competitive and complex game of baseball. Improved competitiveness is no longer a concept that is purely achieved through more practice. Unfortunately very few programs realize this. The benefit of hours of practice can be easily lost, when the stress of competition consumes a player's emotions.

The game changes in many ways. Athleticism, nutrition, sports vision play a vital role in elite competition. **Perhaps the most limiting ceiling to player improvement at the next level is their inability to handle pressure and their emotions.** Subsequently you hear calls from the fans such as "focus, concentrate!" Exactly how do you learn to do that?

Do players leave athletics because he or she was labeled at an early age - "just can't take the pressure!"

You may have heard a coach in the past say, *"I can accept physical errors, they will happen. But I will not accept mental mistakes!"* Why? Were the players extensively trained in the mental game? Were they trained at all? Or is it just something that is habitually said with no follow up training AT ALL. Do the players have ANY idea what that statement means and how to improve?

This course teaches. It is instruction. It is mental skill development! And is vital to every player's advanced education.

The Mental Game course teaches players to:

- ✓ Understand the impact of mental conditioning on their performance
- ✓ Develop and practice specific training in mental strength
- ✓ Understand the various competitive emotional zones and origin of pressure
- ✓ Real game strategies to eliminate pressure
- ✓ How to adopt real life positive thinking with affirmations
- ✓ Provide team leadership in the mental game
- ✓ Consider self assessment, learning from the past and applying it to the future

- ✓ The appreciate the assets of composure, dignity, poise, self reliance and compassion for others mistakes
Each player in will receive and use the “***Building Mental Muscle***” workbook. This 6 hour course is specifically designed for Baseball and softball players from 11years old up.

Four 1 ½ hour sessions (6hrs) \$95 fee

